

Activity Routine Tips

To create a routine for activity you need a schedule. Make appointments with yourself to create the activity schedule each week and follow through with your plan.

Example:

	Time
Monday	5:30-6pm
Tuesday	5:30-6pm
Wednesday	
Thursday	
Friday	7-8pm
Saturday	2-3pm
Sunday	

- Find activities that you enjoy because you are more likely to stick with it. If we dread doing activity then we are less likely to do it.
- When beginning a new activity routine, start small and gradually work your way up to increasing your time or frequency of activity.
- Activity does not have to be “exercise”. It can be hiking, playing a game of tag with the family, or playing tennis with a friend.
- Activity does not have to be large chunks of time; it can be 10 minutes here and 20 minutes there to better fit your schedule.
- If you have children, get their input on ideas to be active. Some families will make a list of “go-to” games or activities to help make them part of their routine.
- Find someone that enjoys the same activities as you. You can schedule time with this person to be active together which increases your likelihood of following through.